

Blue Lotus

Letting Go and Moving On With What Matters



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If my hands are fully occupied in holding on to something, I can neither give nor receive. Dorothee Solle

Blue Lotus is one of the most powerful plants on the planet. Its essence helps us to deal with one of the most painful lessons we have to learn - how to let go. It asks us to unpack our suitcase marked 'life' - to keep that which really enhances our current life and to release with love that which we've outgrown.

Life is an endless cycle of acquiring; from knowledge, illness, friends, karma, weight, qualifications, possessions, reputation, wrinkles, property, income streams and family!

Why we stay stuck

If we never take stock of where we are and ask ourselves if all this currently serves us, we can end up bogged down in 'old' energy and unable to move into the life we really want.

Whilst we may feel sentimental about the contents of our case, we need to recognise that, as we grow in self-knowledge, releasing karma and emotional patterns, our vibration changes. This will attract different people, experiences and possessions into our life - but only if there's space for them.

Why we can't find Inner Peace

One of the most common problems stopping us finding inner peace is a constant sense of inner conflict. This is usually an indication that our outer and inner worlds are not in harmony. So, whilst much is written about our consumerist habit of shifting our outer world by upgrading our possessions in the hope it will change our inner state, here are ways we also do the opposite:

Is This You?

Some classic situations are:

- You've stopped smoking and sorted your diet but you still socialise with friends who reflect your old lifestyle and who undermine your new one
- You know your work no longer expresses your highest potential but you haven't taken steps to retrain
- You now appreciate your own beauty and worth but you're still living with tired old colour schemes, tatty furniture and second-hand equipment
- You've seen a financial advisor and got your money sorted but you still can't bring yourself to splash out on a massage or a night out when you really need one
- You've embraced authentic self-expression but you still haven't started that course in singing/ tantric sex/ art/ creative writing/ acting
- You know you've outgrown your primary relationship but you still haven't put anything in place to begin moving out and moving on
- You've released internal blocks to a new relationship but you're still sleeping in a single bed in an old T-shirt and the last time you went out socially Britain still had a woman Prime Minister!

Why Some Affirmations don't work

In the same way that affirmations don't work when they are too far away from our current reality, it's difficult to sustain an inner shift if our outer circumstances don't change to support it. This is where essences can be so helpful. Daily drops of the right blend can really move you into action.

My Experience - What Came, What Went

I've taken Blue Lotus in a blend and had clients who've done the same; it definitely does what it says on the tin!

So far what I've had to lovingly chuck out of my suitcase has included: the innards of my boiler, my Hoover, hairdryer, computer, accountant, website, logo, considerable physical pain and a massive karmic burden.

So far that's made way for: a regenerated boiler, a new overflow system (how symbolic!), a new computer, an i-pod, new website, new logo, Hoover, hairdryer, Skype, Constellation Training, great new clients, deeper friendships and closer family ties. Not bad for a small blue flower!

A useful affirmation when you take Blue Lotus essence is: *'I feel safe and secure in the new life that I am creating for myself.'*

Please Note: Individual essences are not available from Spirit of Transformation, as a bespoke blend is much more powerful. If this essence resonates for you, then order a spiritually guided attunement to receive your personal essence blend, mentioning in your email that you'd like this particular essence as part of your blend.

Click here for attunements: <http://www.spiritoftransformation.com/Attunements.htm>

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Acknowledgement and Thanks

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N.B: Using essences is not a substitute for medical attention - if you're ill consult a medical practitioner.